



## NEWS & UPDATES

# United Hebrew of New Rochelle

March 2017

### The Secret to Living Past Age 100? Our Centenarians Share the Best Advice with CBS2's Lou Young

Three of our resident centenarians revealed the secret to living past 100 at a special birthday party and recognition event held at Willow Towers Assisted Living, featured in this TV interview with CBS2's Lou Young.

Watch it [here](#).



### Is it Aging, Dementia, or Alzheimer's?

Are minor memory lapses a reason for concern? Not necessarily. But it is important to know the difference between normal changes associated with getting older, and symptoms that may indicate a developing cognitive impairment, such as dementia or...

[Know the signs.](#)



### United Hebrew Invited to Join National Aging Services Group

United Hebrew of New Rochelle has been invited to join The Association of Jewish Aging Services (AJAS). Fewer than 100 organizations nationwide belong to the advocacy group. Rita Mabli, president & CEO of United Hebrew, said: "We look forward to exchanging ideas with our fellow members, to strengthening services for the aging and continuing our role as an advocate for Jewish elderly in the region."



**'You Saved My Life': Elvira  
Mezzaucella's Heartfelt Thank You**



Less than a week after having total knee replacement surgery, Elvira Mezzauccella collapsed in her room at United Hebrew's skilled nursing and rehab facility. The staff sprang into action and resuscitated her. "I wouldn't be here if it weren't for the heroic and well-trained staff that came to my rescue. Those angels saved my life," she says.

[Read her story](#)

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#### 4 things worth sharing with you this week:

1. New understanding of Alzheimer's: [New research reveals clues about how Alzheimer's begins, which could help in treatment](#)
2. [Can breathing exercises give you a healthy aging boost?](#) Something as simple as taking a deep breath may help improve many aspects of your life.
3. [More 'life lessons'](#): Insightful commentary on what's important in life, from the author of *Tuesdays with Morrie*.
4. It may not be possible to save time in a bottle, but you can save it in a journal. [Read this touching story](#) about a grandfather's precious gift to his teen-aged granddaughter.



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